

# **MEDITATION**

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## **NON-VERBAL “I AM”**

## Meditation :

- Sit erect, mind alert.
- Eyes lightly closed
- Smile on lips
- Drop entire content of the mind.
- Drop notions, drop every word from the mind.
- Be wordless mind.
- Be the non-verbal I am, in the heart (Locus).
- Be the feeling I am, of sentence I am.
- “I am” – not perception, inferential, emotional, not a thought.
- As nonverbal I am, I am neither good or bad.
- As non-verbal I am, I am not Singaporean, Indian, American.
- As non verbal I am, pure sense of being, am I single, family person or neither.
- Don’t to be distracted, drop all mental effort.
- Be the feeling I am, non verbal I am.
- Do I have a past or future as nonverbal I am.
- I am timeless, spaceless, Atma.
- As nonverbal I am, Am I male, female or neither.

- Enquire – Atma, do Vichara.
  - As non verbal I am – Am I young, old, neither?
  - I am, I is.
  - In the non verbal depths of your own being is there a difference between I am and I is?
  - I – Is
  - Pot – Is
  - Thought – Is
  - I – Is
  - Is there a difference in the sense of being.
  - I – Is – Pot – Is.
  - Ohm...
  - Open the eyes.
- **It is obvious that the inner being is the same as outer being.**
  - No difference between inner and outer except when you identify with body and become male or female.
  - Indian, American, Young or old.
  - Then you become inner and outer also.
  - In absence of identification, in the depths of wordless being, there is no inner outer, its all one being.

- **That being is the Atma, Sat, Jagat Karanam.**
- **It is Svarupa, worldless.**
- No words in it, it is not a person.
- Nanyat Atosti Drashtru, Srotru.
- Don't see, hear anything in Atma.
- When you come out from the depths of the inner being and identify with a set of sense organs body – mind, then you stand as a seer divided from seen.
- **Are you the seer divided from the seen or are you the one undivided being?**
- There is no other seer, other than the seen, no hearer other than the heard, no knower other than the known.
- It is all one pure being – “I am” = Atma
  - = Only truth = Sat
  - = Tat Tvam Asi
  - = Mahavakya
- Arrive at it with an elaborate set of words.
- Arrive at bridge of Tat Tvam Asi.
- Enter into sound of silence and just be the pure being.
- There words are no more relevant.

